2019 SWIM LESSON SCHEDULE

OPEN REGISTRATION DATES

Session 1 – Nov. 8 – Jan. 12
Session 2 – Feb. 14 – Mar. 23
Session 3 – April 4 – June 8
Summer – April 4 – July 8
Session 4 – July 16 – Sept. 7

COST

UFC MEMBERS: $50 per session
NON MEMBERS: $80 per session

Cash, check, VISA, MC, and DISC accepted. Payment is required at registration. *No refunds are given after second class. Classes missed due to severe weather or pool closings may be made up if schedule permits. Please check our website for closing announcements and updates.*

www.uah.edu/university-recreation

All of our instructors are certified Water Safety Instructors or Coaches with years of experience in teaching and encouraging success at all skill levels.

BEST OF AQUATICS

Questions, Comments, Suggestions?
Contact UFC Pool @ 256-824-5528
500 John Wright Drive
Huntsville, Alabama 35899
(Located on UAHuntsville Campus)
# WEEKEND YOUTH 2019 SWIM LESSON SCHEDULE

<table>
<thead>
<tr>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15 am – 9:00 am</td>
<td>1:10 pm – 2:00 pm</td>
</tr>
<tr>
<td>Itty Bitty Bubbles</td>
<td>Mighty Minnows</td>
</tr>
<tr>
<td>9:15 am – 10:00 am</td>
<td>1:15 pm – 2:00 pm</td>
</tr>
<tr>
<td>Sea Turtles</td>
<td>Sea Turtles</td>
</tr>
<tr>
<td>10:10 am – 11:00 am</td>
<td>2:15 pm – 3:15 pm</td>
</tr>
<tr>
<td>Mighty Minnows</td>
<td>Sharks</td>
</tr>
<tr>
<td>10:15 am – 11:15 am</td>
<td>2:15 pm – 3:15 pm</td>
</tr>
<tr>
<td>Dolphins</td>
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</tr>
<tr>
<td>11:00 am – 12:00 pm</td>
<td>3:15 pm – 4:15 pm</td>
</tr>
<tr>
<td>Stroke Work</td>
<td>Stroke Work</td>
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<tr>
<td>11:30 am – 12:30 pm</td>
<td>3:30 pm – 4:30 pm</td>
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<tr>
<td>Sharks</td>
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<tr>
<td>12:45 pm – 1:45 pm</td>
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<tr>
<td>Super Swimmers</td>
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**Session 1: January 12th thru March 10th**  
(make-up weekend: March 16th and March 17th)

**Session 2: March 23rd thru May 19th**  
(make-up weekend: June 1st and June 2nd)

**Session 3: June 8th thru August 11th**  
(*no classes July 6th-July 7th; make-up weekend: Aug. 17th and Aug. 18th)

**Session 4: Sept. 7th thru Nov. 3rd**  
(make-up weekend: Nov. 9th and Nov. 10th)

Refer to back page for guidelines for choosing a class for your child.

*No refunds are given after second class. There are make-up days only for severe weather and pool closure class cancellations.

*Please check our Facebook (@universityfitnesscenter) and website (www.uah.edu/university-recreation) for pool closure information and updates.
SUMMER 2019

WEEKDAY YOUTH SWIM LESSON SCHEDULE

MONDAYS - THURSDAYS

Session 1: June 3rd thru June 13th*
Session 2: June 17th thru June 27th*
Session 3: July 8th thru July 18th*

*make-up classes will be held on the Friday at the end of each session (June 14th, June 28th, and July 19th)

MORNING

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am – 8:45 am</td>
<td>Itty Bitty Bubbles</td>
</tr>
<tr>
<td>10:00 am – 10:45 am</td>
<td>Sea Turtles</td>
</tr>
<tr>
<td>10:00 am – 10:50 am</td>
<td>Mighty Minnows</td>
</tr>
<tr>
<td>11:00 am – 11:55 pm</td>
<td>Dolphins</td>
</tr>
<tr>
<td>11:00 am – 11:55 pm</td>
<td>Sharks</td>
</tr>
</tbody>
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AFTERNOON

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
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</thead>
<tbody>
<tr>
<td>12:00 pm – 1:00 pm</td>
<td>Stroke Work</td>
</tr>
<tr>
<td>1:00 pm – 1:50 pm</td>
<td>Mighty Minnows</td>
</tr>
<tr>
<td>2:00 pm – 2:55 pm</td>
<td>Dolphins</td>
</tr>
<tr>
<td>3:00 pm – 4:00 pm</td>
<td>Stroke Work</td>
</tr>
<tr>
<td>4:00 pm – 5:00 pm</td>
<td>Super Swimmers</td>
</tr>
</tbody>
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Refer to back page for guidelines for choosing a class for your child.
*No refunds are given after second class. There are make-up days only for severe weather and pool closure class cancellations.
*Please check our Facebook, Instagram (@universityfitnesscenter), and website (www.uah.edu/university-recreation) for updates.
GUIDELINES FOR CHOOSING A CLASS

Below are the minimum skill level requirements for every class.

*Please note that ages specified are only a guideline.*

Please discuss with our Aquatic Staff which class is most appropriate for your child.

<table>
<thead>
<tr>
<th>Class</th>
<th>Requirements</th>
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</table>
| Itty Bitty Bubbles (6mos – 4yrs) | First time for swim lessons  
*It is required for parents to be in the water with their child in this class*  
*It is advised, but not required, for child to be 3 ft. tall.* |
| Sea Turtles (2yrs – 4yrs) | No experience necessary  
Parents are taught techniques to help child  
Get child comfortable with water  
Child is afraid of the water or afraid of being away from parent  
Will not get face submerged  
Safety is emphasized  
*Child will be in Tot-Dock* |
| Mighty Minnows (over 4yrs old) | Little to no fear of getting face wet or ears submerged  
Child can blow bubbles in the water  
Little or no fear of being in water  
Little to no fear of floating  
*It is advised, but not required, for child to be 3 ft. tall.* |
| Dolphins (over 5yrs old) | No fear of water  
Prior swim lesson experience  
Can float on front and back unassisted  
Can retrieve object off bottom of pool at arm's length |
| Sharks (6yrs & older) | No fear of deep water  
Can swim 15 yards front crawl and back crawl  
Can rotate from front crawl to back float/back crawl  
No fear of jumping into deep water  
Must have completed at least 1 Dolphins Class |
| Stroke Work (6yrs & older) | No fear of deep water  
Can already swim 25 yards front crawl and back crawl  
Can rotate from front crawl to back float/back crawl |
| Super Swimmers (6yrs & older) / Wave Runners | Can swim 25 yards front crawl with side breathing  
Can swim 25 yards using back crawl  
Can swim breast stroke 15-25 yards  
Can tread water for 1 minute  
Knows basic diving skills  
Preparation for swim competition |

NOTE: Completion of course DOES NOT guarantee a child is ready for the next level. Please discuss class placement of your child with their instructors to ensure your child is placed in a class that best meets their needs.

If you would like to be added to the monthly email newsletter for updates and announcements, please email Kathleen at kathleen.bernal@uah.edu.